

Research Facilitation Department Project Descriptions	NCCOSC Role	Main Investigator(s)/ Project Lead	NCCOSC POC
IRB-Approved Studies in Progress			
SRTS Title: <i>Stress Resilience Training System (NMCS.D.2012.0032)</i> <p>NCCOSC is evaluating the effectiveness of the Stress Resilience Training System (SRTS) program through a randomized controlled trial with select Navy and Marine Corps commands. SRTS is a Defense Advanced Research Projects Agency-funded, web-based program designed to help service members overcome the negative effects of stress and build resilience. The program is self-paced and uses a variety of e-learning techniques, such as instructional videos, biofeedback and interactive games. The program measures and teaches the user to control his or her heart rate variability while performing tasks in progressively more challenging situations.</p>	<p>Study Design</p> <p>IRB Approval</p> <p>Data Collection & Analysis</p> <p>Dissemination of Results</p>	<p>CAPT Scott Johnston, PhD (NCCOSC)</p> <p>Theodore Morrison, PhD, MPH (NCCOSC)</p> <p>Don Chartrand (Ease Interactive)</p> <p>Gershon Weltman, PhD (Perceptronics)</p>	<p>Theodore Morrison, PhD, MPH</p>
3/5 Marines Intervention Program Evaluation Title: <i>Comparison of Post-deployment Mental Health Assessments among Combat-exposed Marines (NMCS.D.2013.0120)</i> <p>A program evaluation was done to determine if new one-on-one screening of Marines upon return from deployment conducted by mental health providers is effective and beneficial. NCCOSC developed satisfaction surveys for both the Marines and providers, collected data from these surveys and analyzed the data. NCCOSC also received data from the screenings (MHA data) and has compared this to data from the PDHA collected on this group of Marines to evaluate the MHA screenings. NCCOSC is also in the process of comparing data from PDHA and MHA to CAPS ratings (the gold standard for diagnosing PTSD).</p>	<p>Survey Design</p> <p>Program Evaluation</p> <p>IRB Approval</p> <p>Data Collection & Analysis</p> <p>Dissemination of Results</p>	<p>CAPT Scott Johnston, PhD (NCCOSC)</p> <p>Jennifer Webb-Murphy, PhD (NCCOSC)</p>	<p>Erin Miggantz, PhD</p>
Coherence Training Title: <i>Coherence Training for Military Personnel (NMCS.D.2011.0130)</i> <p>The first phase of the project investigated the feasibility and acceptability of a heart rate variability and coherence-training device, called the emWave, to reduce occupational stress-related symptoms in detainee operations guards deployed as part of OIF. The second phase is a controlled study comparing the effectiveness of the emWave device and the Coherence Advantage Program versus Progressive Muscle Relaxation as interventions for stress-reduction among students at the intensive Independent Duty Corpsman training program at NMCS.D.</p>	<p>(Phase I) Program Evaluation</p> <p>Data Management & Analysis</p> <p>(Phase II) Study Design</p> <p>IRB Approval</p> <p>Data Collection & Analysis</p> <p>Dissemination of Results</p>	<p>CAPT Scott Johnston, PhD (NCCOSC)</p> <p>Theodore Morrison, PhD, MPH (NCCOSC)</p> <p>Rollin McCraty, PhD (HeartMath Research Center)</p>	<p>Steven Gerard, BA</p>

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Retroactive Med Board Analysis Title: <i>Retrospective Analysis of Med Board Data for Disabling PTSD in the Military (NMCSD.2014.0030)</i> <p>The Integrated Disability Evaluation System (IDES) is the military's system to evaluate ill/injured active duty (AD) service members for ability to continue serving in the military. Service members found 'unfit' are separated from AD service and transitioned to the VA for further care. DoD specialist physicians determine when their patient has a condition that greatly impacts ability to perform military duties and 'refer' these individuals into IDES promptly. The physician prepares a detailed Medical Evaluation Board (MEB) report about the referred condition. The MEB report plays a key role in determining if an ill/injured service member will continue to serve in the military. We propose to conduct a retrospective review of MEB reports submitted to IDES from 1 Jan 2011 to 18 Dec 2013 to report the number of sexual assaults cases with PTSD and the number of sexual assaults cases with chronic pain syndromes and predictors for their disability.</p>	IRB approval Data Analysis Dissemination of Results	Denise Parnell, MD (NMCSD)	Vasudha Ram, MPH
Provider Wellbeing Title: <i>Provider Wellbeing Study (NMCSD.2013.0091)</i> <p>National concerns have been raised about provider burnout and fatigue and the impact it may have on our nation's health care. As part of a command initiative, all specialties at Naval Medical Center San Diego (NMCSD) were invited to complete a survey in order to better understand the "human factors" that may contribute to burnout in a Military Treatment Facility (MTF). The goal was to determine if there is a problem with burnout and determine which factors may contribute to those who experience higher levels of burnout in order to inform decisions which can mitigate excessive stress.</p>	IRB Approval Data Collection & Analysis Dissemination of Results	CDR Jeffrey Millegan (NMCSD) LCDR Paul Sargent (USSOCOM) Jennifer Webb-Murphy, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC) LT Heather Mak (NMCSD)	Martha Sanders, MA
Spice Use at a Substance Abuse Treatment Center Title: <i>Synthetic Cannabinoid Agonists and PTSD at an Active-Duty Residential Substance Abuse Treatment Center (NMCSD.2012.0059)</i> <p>This is a case-control, retrospective chart review that compares records of active duty service members who were positive on urine drug testing for Spice use with those who did not test positive at a military substance abuse treatment facility. Analyses include PTSD scores, as well as depression and anxiety scores. Other variables of interest include history of non-substance psychiatric diagnoses, history of psychiatric hospitalization, history of combat deployment, combat or</p>	IRB approval Data Collection & Analysis Dissemination of Results	LT George Loeffler, MD (NMCSD) Eileen Delaney, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC)	Vasudha Ram, MPH

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trauma exposure, history of blast exposure, and whether the substance abuse program was completed. The characterization of the Spice withdrawal syndrome and relationships between common co-occurring substance disorders will also be explored.			
Stress and Resilience in SERE Instructors Title: <i>Stress and Resilience in SERE School Instructors (NMCS.D.2013.0074)</i> NCCOSC is planning an exploratory study of the occupational effects on Survival, Evasion, Resistance and Escape (SERE) instructors. The study will be longitudinal, with baseline and follow-up assessments. Study goals include identification of occupational stressors associated with being a SERE instructor, risk and hardiness factors and targets for modification.	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	CAPT Scott Johnston, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC) Theodore Morrison, PhD, MPH (NCCOSC)	Theodore Morrison, PhD, MPH
Moral Injury Title: <i>Moral Injury Focus Groups (NMCS.D.2011.0125)</i> Focus groups will be held with active duty service members (Sailors and Marines) as well as mental health providers and chaplains who work with active duty military personnel to gain insight into attitudes and beliefs related to the concept of moral injury and individual items that comprise the Moral Injury Event Scale.	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	Amy Amidon, PhD (NMCS.D) Jennifer Webb-Murphy, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC) Theodore Morrison, PhD, MPH (NCCOSC) LT George Loeffler, MD (NMCS.D)	Eileen Delaney, PhD
Neurofeedback Title: <i>Placebo-controlled Study of EEG Biofeedback Therapy as an Adjunct Treatment for PTSD, Evaluating Symptoms and EEG Dynamics (NMCS.D.2012.0042)</i> The primary goal of the study is to assess the clinical benefit of adjunct EEG biofeedback therapy during an intensive and comprehensive PTSD therapy using self-report symptom measures before, during and after the treatment. As a secondary objective, whole head EEG data will be collected before and after clinical treatment to find any EEG biomarkers correlated with symptom severity in order to identify brain changes that may occur as a result of any therapeutic intervention during successful therapy for PTSD.	Data Collection	Ira Grossman, PhD (NMCS.D) Julie Onton, PhD (NHRC)	Bonnie Nebeker

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SSRI & Neuropsychological Functioning Title: <i>Effects of Antidepressants on Neuropsychological Function Related to Combat Performance (NMCSD.2009.0021)</i> Prospective study comparing neuropsychological functioning of individuals treated with antidepressants to a control group treated with psychotherapy only. It is anticipated that this study will provide data that would help support or refute the current policy restricting service members taking SSRIs from carrying firearms.	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	LCDR Kristine Glass, MD (NMCSD)	Bonnie Nebeker
Attention Retraining for PTSD Patients Title: <i>Attention Retraining for Post-traumatic Stress Patients (NMCSD.2009.0143)</i> Individuals with PTSD may show an attention bias to threat-relevant information. The aim of this study is to determine whether people with PTSD using an attention modification training program show a decrease in attention bias to threat and a decrease in PTSD symptoms. This is an augment to standard treatment for PTSD.	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	Nader Amir, PhD (SDSU) Lauretta Ziajko, MD (NMCSD)	Vasudha Ram, MPH
Marine Resilience Study Title: <i>A Prospective Study of the Psychological, Social, and Biological Markers of Risk and Resilience for Operational Stress in Marines (NHRC.2007.0012)</i> This study involves collecting a variety of social, mental and physical information about Marine infantry battalions prior to being scheduled for deployment to a combat zone, at one week upon return from deployment, at three months and at five to six months later. Interviews, questionnaires, eye-blink tests, medical record reviews and blood draws for testing stress hormones, nicotine, caffeine, cardiac function and gene expression analysis are being conducted.	Data Collection & Analysis Dissemination of Results	Dewleen Baker, MD (VA San Diego) William Nash, MD (Retired CAPT/Consultant) Brett Litz, PhD (Boston University, VA Boston)	Jennifer Webb-Murphy, PhD
Virtual Reality Treatment of PTSD Title: <i>A Head-to-Head Comparison of Virtual Reality Treatment for Post-traumatic Stress Disorder (NMCSD.2009.0029)</i> Study comparing Virtual Reality Exposure Therapy (VRET) to Augmented Exposure Therapy (AET). Randomized, head-to-head study in which 300 patients will be recruited, with the goal of treating 40 patients with VRET and 40 patients with AET (control). The same techniques, measures and controls will be used that previous NMCSD/MCBP research projects have already put in place to develop VRET for PTSD.	IRB Approval Data Collection & Analysis Dissemination of Results	Rob McLay, MD, PhD (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC)	Bonnie Nebeker

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Psychological Health Pathways Research Registry Title: <i>Psychological Health Pathways (NMCSO.2010.0127)</i> A retrospective study analyzing clinical self-report data collected from the Psychological Health Pathways (PHP) program at NMCSO and NHCP. The program collects clinical data as part of routine standard care to better assess patients seeking mental health services and to evaluate the effectiveness of treatment. Data include demographic and deployment details, as well as responses to validated measures of PTSD, depression, sleep, combat exposure and functioning. Information is collected at the initial intake and at 10-week intervals during treatment.	Study Design IRB Approval Data Management & Analysis Dissemination of Results	CAPT Scott Johnston, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC)	Susan Fesperman, MPH
Transcranial Magnetic Stimulation Title: <i>High-frequency Repetitive Transcranial Magnetic Stimulation of the Right Dorsolateral Prefrontal Cortex in Post-Traumatic Stress Disorder (NMCSO.2011.0025)</i> This is a randomized single-blind pilot study investigating the efficacy of high-frequency repetitive transcranial magnetic stimulation (rTMS) applied to the right dorsolateral prefrontal cortex at either 10 Hz or 20 Hz as compared to a treatment as usual group for the treatment of PTSD symptoms. To our knowledge, there are no published trials of this comparison. The primary objective is to evaluate PTSD symptoms before, during and after 10 days of high-frequency rTMS treatment as measured by the Clinician Administered PTSD Scale (CAPS) and the PTSD Checklist, Military Version (PCL-M) in both active and active control groups.	Data Collection	Donald W Hurst, MD	Bonnie Nebeker
Polypharmacy Title: <i>Polypharmacy and Holistic Health Program (NHCP.2010.0175)</i> This project examines the change in clinical practice at Naval Hospital Camp Pendleton (NHCP) after the Holistic Health Program (HHP) was implemented into patient care. Specifically, a medical records review of medications prescribed to patients with PTSD will be compared before and after the HHP began in July 2011. These findings will provide information about the clinical impact of the HHP on patient care at NHCP.	IRB approval Data Collection & Analysis Dissemination of Results	CDR Emily Streeter (NHCP) Justin Heesakker, MS (NHCP) Margaret Ryan, MD, PhD (NHCP) Maria Devore (NHCP) Eileen Delaney, PhD (NCCOSC)	Eileen Delaney, PhD

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Program Evaluation in Progress			
Navy Psychologist Survey NCCOSC collaborated with CAPT David Jones at Navy Medicine East to analyze data and disseminate findings from the biannual Navy Psychologist Survey. The survey seeks information on concerns within the community, including interest in continuing education topics, deployment experiences, workload/job satisfaction, professional priorities, duty under instruction interests, motivational factors for Department of the Navy (DoN) service, and perceptions about why psychologists leave the Navy. NCCOSC is currently in the process of updating the survey in order to re-administer it to the Navy psychologist community.	Program Evaluation Study Design Data Collection & Analysis Dissemination of Results	CAPT Scott Johnston, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC)	Vasudha Ram, MPH
Marines Psychological Health Survey NCCOSC is collaborating with Marine leaders in order to create and administer an anonymous survey that assesses Marines' views about mental health care including access to care, preferences for care and obstacles to care. The overall goal is to use the findings from this survey to improve access to mental health care for Marines in garrison.	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	CAPT Gregory Jones (Force Surgeon) CAPT Scott Johnston, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC)	Eileen Delaney, PhD
Surf Clinic Program Evaluation Currently, wounded, ill and injured warriors suffering from physical injury, pain, PTSD, and other psychological strains are participating in an alternative behavioral activation therapy where they are offered surfing instruction/equipment and are given the opportunity to participate in yoga (active meditation, breathing and stretching exercises). NCCOSC was contacted by treatment providers to conduct an initial program evaluation, to include construction of intake and course evaluation forms for both staff/volunteers and participants. Results will be used to evaluate the effectiveness of surfing and practicing yoga on reduction of physical/psychological symptoms and increase in resilience and quality of life. Information gathered will inform program improvement.	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	CDR Eric Stedje-Larsen, MD (NCCOSC) Theodore Morrison, PhD, MPH (NCCOSC)	Gabriel de la Rosa, PhD

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SPRINT Program Evaluation NCCOSC is assisting in evaluation of the effectiveness of Special Psychiatric Rapid Intervention Team (SPRINT) in addressing disaster.	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	LCDR Jeffrey Millegan, MD (NMCSD)	Jagruti Bhakta, PhD
Neurofeedback Program Evaluation Anecdotal evidence from clinical practice suggests that EEG biofeedback (neurofeedback) is a well-tolerated psychological treatment that results in symptom reduction in several areas (sleep, mood symptoms, and cognitive symptoms). This program evaluation tracks mental health patients who are undergoing neurofeedback as an adjunctive therapy to systematically determine its effectiveness.	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	Anna Benson, PhD (DHC) Tamsen LaDou, PhD (DHC)	Erin Miggantz, PhD
Mind Body Medicine NCCOSC is collaborating with NMCSD to evaluate the effectiveness of a 6-week mind-body medicine program for pain. Patients will be asked to complete assessment questionnaires prior to their enrollment in the mind body medicine program, upon completion of the program and 2 months following their completion of the program. Data will be collected regarding demographics, lifestyle, pain levels, meditation practices, psychological health and quality of life. NCCOSC will also be conducting a focus group with patients upon their completion of the mind-body medicine program to gather qualitative feedback regarding the program and suggestions for improvement.	Program Evaluation Survey Design Data Management & Analysis	LCDR Jeffrey Millegan, MD, MPH (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC) Theodore Morrison, PhD, MPH (NCCOSC)	Jagruti Bhakta, PhD
Resilience Program Evaluation: Sailor Evaluation Tool (SET) NCCOSC is currently developing a training program designed to enhance well-being and promote resilience in Sailors. The Sailor Evaluation Tool (SET) is an assessment battery that aims to assess various components of resilience and other related variables. We are currently piloting the SET with various Navy commands (both in training and deployed overseas).	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	Jennifer Webb-Murphy, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC) Theodore Morrison, PhD, MPH (NCCOSC)	Eileen Delaney, PhD

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Studies in Development			
LGB Stress Title: <i>Survey of LGB Service Member Stress (NMCSD.2012.0123)</i> <p>The purpose of this study is to examine the psychological health and wellbeing of lesbian, gay, and bisexual (LGB) service members, and to better understand the challenges that they are facing after the repeal of "Don't Ask, Don't Tell" (DADT). Approximately 400 active duty LGB service members will be recruited to voluntarily participate in an anonymous web-based survey consisting of demographic questions, questions specific to being a member of the LGB community and questions related to their psychological health and wellbeing. Results will be inform health care providers, civilian organizations and the military community to better understand and address the needs of LGB service members after the repeal of DADT.</p>	Study Design IRB approval Data Collection & Analysis Dissemination of Results	CAPT Scott Johnston (NMCSD) Jagruti Bhakta, PhD (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC) Theodore Morrison, PhD, MPH (NMCSD)	Jagruti Bhakta, PhD
Program Evaluation in Development			
Complicated Grief in the Military <p>Military loss is pervasive during times of war. Yet, the prevalence of grief-related problems for those who serve is essentially unknown. In collaboration with NMCSD, NCCOSC is conducting a prevalence study in order to determine the rate and extent that active duty service members struggle with loss.</p>	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	Nicole Lanouette, MD. (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC) Eileen Delaney, PhD (NCCOSC)	Martha Sanders, MA
ACT and Obesity <p>Many service members struggle with weight related issues, especially the stress of the requirements to maintain their physical readiness while active duty. Investigators from VA San Diego and NCCOSC are collaborating with the Health and Wellness Department at NMCSD in order to evaluate their current ShipShape program as well as if adding an acceptance-based psychological component enhances its effectiveness.</p>	Program Evaluation Survey Design Data Collection & Analysis Dissemination of Results	Niloofer Afari, Ph.D (VA Center of Excellence for Stress and Mental Health) Helen Metzger (NMCSD) Jennifer Webb-Murphy, Ph.D. (NCCOSC) Eileen Delaney, Ph.D. (NCCOSC)	Vasudha Ram, MPH

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Manuscript and Conference Presentation			
Validation of ANAM Test in a PTSD Sample Title: <i>Validation of ANAM Emotional Stroop Test in a PTSD Sample (NMCSD.2005.0005)</i> <p>Individuals with PTSD have longer reaction times when presented with emotionally charged words versus neutral words. Automated Neuropsychological Assessment Metrics (ANAM) data collected from a previous Virtual Reality (VR) study, as well as the current VR study, are being analyzed to validate the effect of emotional stroop in PTSD patients.</p>	Data Analysis Dissemination of Results	Robert McLay, MD, PhD (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC)	Vasudha Ram, MPH
Stress and Urology Symptoms Title: <i>Effects of Stress on Urinary Symptoms (NMCSD.2010.0075)</i> <p>A prospective survey conducted with Marine recruits across three time points during their basic training at MCRD. The study collected data on urologic symptoms, perceived stress and social support to evaluate the effect of stress on overactive bladder (OAB) symptoms, such as frequency and intensity of urination. A second study in design will examine the impact of PTSD, depression and anxiety on OAB and sexual function.</p>	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	LCDR Chong Choe, MD (NMCSD) LCDR Michael Santomauro, MD (NMCSD) LCDR Emily Cole, MD (NMCSD)	Jennifer Webb-Murphy, PhD
GTMO: Military Detention Operational Prevention for Stress Title: <i>Military Detention Operational Prevention for Stress (MD-OPS) (NMCSD.2010.0050)</i> <p>Study evaluating the psychological health and stress levels of prison guards at Guantanamo Bay. Questionnaires used include the Perceived Stress Scale (PSS), Patient Health Questionnaire (PHQ-9), PTSD Checklist (PCL) and the Response to Stress Experiences Scale (RSES). Beliefs about mental health and a substance abuse survey are included.</p>	Survey Design IRB Approval Data Collection & Analysis Dissemination of Results	CAPT Scott Johnston, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC)	Bonnie Nebeker

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Pain Medicine Center Registry Title: <i>Pain Medical Center Database Registry (NMCSD.2009.0112)</i> This involves a proposal to build a registry and analyze retrospective data collected as part of the Pain Medicine Center intake process. The registry will include demographic data, a Visual Analogue Scale (VAS), the Post-Traumatic Stress Disorder Checklist Military (PCL-M), the Sheehan Disability Scale and the Personal Health Questionnaire Depression Scale (PHQ-9). The data collected will be used to evaluate the relationship of common psychological health symptoms and pain for service members presenting to the Pain Medicine Center at NMCSD.	Study Design IRB Approval Data Collection & Analysis Dissemination of Results	LCDR Steven Hanling, MD (NMCSD) Jennifer Webb-Murphy, PhD (NCCOSC)	Bonnie Nebeker
Virtual Reality Medical Center Title: <i>Demonstrating the Efficacy of Scenario-Based Virtual Reality Tools for Treatment of Acute PTSD in Non-Combat Arms Personnel (NMCSD.2005.0005)</i> Evaluation of the effectiveness of virtual reality exposure therapy to treat active duty service members with combat-related PTSD.	Data Collection & Analysis Dissemination of Results	Rob McLay, MD, PhD (NMCSD) CAPT Scott Johnston, PhD (NCCOSC) Jennifer Webb-Murphy, PhD (NCCOSC)	Bonnie Nebeker
Special Projects			
Combat & Operational Stress Research Quarterly Publication to inform clinicians and leadership of the most recent research and scientific advances in the field of combat and operational stress. Available in print and on the NCCOSC website.	Literature Review	Research Facilitation Department (NCCOSC)	Erin Miggantz, PhD
Development of White Papers for NCCOSC Development and distribution of white papers on a variety of topics, including resilience, sleep and stress, alternative treatments for PTSD, physical health and PTSD, effective treatments for PTSD (e.g., PTSD and cortisol, EMDR, stress and PTSD, Cognitive Processing Therapy, Prolonged Exposure), women and operational stress, anger and PTSD, malingering, substance abuse and operational stress, complementary and alternative medicine, animal-assisted therapy, post-traumatic growth and PTSD, and changes in DSM-V and PTSD.	Literature Review	Research Facilitation Department (NCCOSC)	Jennifer Webb-Murphy, PhD

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Highlighted Completed Projects			
Theater Mental Health Encounters Database Title: <i>GWOT Theater Mental Health Encounters, Acute Stress Disorder, and Post-Deployment Outcomes (NHRC.2008.0035)</i> Study to examine GWOT Theater Mental Health Encounter Data (TMHED) collected January 2006-January 2007. Publications in process 1) describe combat and psychological trauma exposure, stress symptoms, mental status, traumatic brain injuries, social history and treatment plans; 2) determine whether in-theater acute stress disorder diagnosis predicts PTSD as documented in post-deployment records, and 3) assess whether TMHED predict use of medical services post-deployment and career/performance outcomes, such as early attrition and disciplinary actions taken against service members.	Data Collection & Analysis Dissemination of Results	CAPT Paul Hammer, MD (DCoE) LCDR Wayne Boucher, PsyD (7th Marines) Jerry Larson, PhD; Mike Galarneau, MS; Terry Conway, PhD (NHRC)	Jennifer Webb-Murphy, PhD
Barriers to Military Mental Health Care Title: <i>Mental Health & Resilience: Perceptions about Psychotherapy, Medication and Barriers to Care in the U.S. Military</i> This study explores the gap between soldiers' high rates of psychiatric symptoms, the acknowledgement of need, and the low frequency of mental healthcare use among veterans and active duty who served in the military during Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) in order to 1) tailor treatment programs for soldiers "at-risk" for treatment avoidance, resistance or non-compliance; 2) incorporate soldier treatment preferences and beliefs into treatment planning; and 3) identify pre-existing resilience factors (e.g., psychological resilience, unit support).	Data Analysis	Steve Southwick, MD; Deane Aikins, PhD (Yale University, National Center for PTSD) Chris Johnson, PhD (NHRC) MAJ Paul Morrissey, MD; Todd Benham, PhD (Fort Drum, NY)	Jennifer Webb-Murphy, PhD
Music Therapy Program Evaluation Project to evaluate the effectiveness of a music therapy program, provided through the Health and Wellness Center, to assist with reducing symptoms of combat and operational-related psychological health symptoms, such as PTSD.	Program Evaluation Survey Design Data Collection & Analysis	Helen Metzger (NMCSO)	Jennifer Webb-Murphy, PhD

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Intensive Outpatient Group Therapy Program Evaluation <p>Analysis of previously collected data from Navy and Marine substance abuse clinics to evaluate symptom changes in patients in the program. Data were collected at multiple time points and include four outcome measures: the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), 45-item Outcome Questionnaire and PTSD Checklist (PCL).</p>	<p>Data Analysis</p> <p>Data Summary</p>	<p>CDR Catherine MacDonald, NP (NHCP)</p>	<p>Jennifer Webb-Murphy, PhD</p>
Law Enforcement Policies <p>Literature search and review to better understand the hiring policies of employers with regard to pre-existing mental conditions, such as PTSD. A survey of 12 law enforcement agencies, such as the Los Angeles Police Department, the New York Police Department and the Federal Bureau of Investigation, was conducted to provide information regarding the likelihood of a combat veteran with a previous PTSD diagnosis obtaining a position within an agency. Results of the investigation were made available using various media.</p>	<p>Literature Review</p> <p>Data Collection</p> <p>Data Summary</p>	<p>CAPT Paul Hammer, MD (DCoE)</p> <p>Kara Browning, MPH</p>	<p>Jennifer Webb-Murphy, PhD</p>
C5 Rehabilitation Patient Registry (CARF) <p>Clinical registry and evaluation of self-assessment (WHOQOL) and consensus measures (Mayo Portland survey) used for rehabilitation accreditation for the C5 program. Assessments are gathered to monitor the treatment progress of rehabilitation patients and the overall effectiveness of the program.</p>	<p>Program Evaluation</p> <p>Survey Design</p> <p>Data Collection & Analysis</p>	<p>CDR Wendy Stone (NMCSD)</p>	<p>Bonnie Nebeker</p>
Resilience Scale Development <p>Title: <i>The Response to Stressful Experiences Scale (RSES): A Measure of Psychological Resilience</i></p> <p>Anonymous data using cross-sectional design from (N = 992) military participants were collected from two separate military units. Resilience scale items were created by drawing broadly from research in the areas of optimism, personality, religion and spirituality, psychobiology, emotion regulation, social modeling, fear-conditioning, cognitive flexibility and coping. Items were created to address how a given factor is manifest in psychologically resilient people. The self-report scale assesses the <i>process</i> of being resilient, namely the thoughts, behaviors and feelings that promote healthy adaptation to intense life stressors.</p>	<p>Scale Development</p> <p>Manuscript Preparation</p>	<p>Chris Johnson, PhD (NHRC)</p>	<p>Jennifer Webb-Murphy, PhD</p>

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Clinician Burnout Title: <i>Burnout and Beliefs about Treatment among Military Mental Health Clinicians (NMCSD.2009.0078)</i> Study to assess rates of burnout and treatment beliefs among military mental health providers. Emotional exhaustion, depersonalization and personal accomplishment among mental health clinicians (N=100) at Naval Medical Center San Diego and Naval Hospital Camp Pendleton were measured using the Maslach Burnout Inventory.	Survey Design IRB Approval Data Collection & Analysis Dissemination of Results	CAPT John Rothacker, MA (Tricare Management Activity – Pacific Region) Kara Browning, MPH	Jennifer Webb-Murphy, PhD
Journal Impact Factor List This involved development of a comprehensive reference list of psychological journals, the 2008 impact factor and a brief description of each journal's focus and target audience.	Manual Preparation	Jennifer Webb-Murphy, PhD (NCCOSC)	Jennifer Webb-Murphy, PhD
Combat Trauma Reference Library The goal was to develop a comprehensive reference list of scientific journal articles and reports from which research staff can search for relevant literature on combat trauma, PTSD, traumatic brain injury, insomnia, resilience, etc.	Ongoing	NCCOSC Staff	Jennifer Webb-Murphy, PhD